

July | August 2023

Senior Connection

Program Guide



Happy Fourth of July!



www.MurfreesboroParks.com



@StClairSeniorCenter



@boroparksandrec

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St. Clair Street Senior Center

The St. Clair Street Senior Center provides a warm, caring place where those over the age of 60 can come together with other adults for services and activities that reflect shared experiences and skills, support one's needs and interests, broadens independence and maintains one's involvement in the community

The center is located at 325 St. Clair Street, Murfreesboro, TN. Hours of operation are Monday-Friday, 6:00 am-7:00 pm, Saturday, 8:00 am-5:00 pm, and Sunday, 1:00-5:00 pm.

Mission

To provide vibrant public spaces and inclusive programs delivered with visionary leadership and caring staff that engage the individual and strengthen the quality of life of your community.

St. Clair Senior Center Access

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or subjected to discrimination under any program or activity receiving federal financial assistance. Title VI of the Civil Rights Act of 1964.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events and on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro. Please watch the Parks and Recreation Commission meetings each month, usually the first Wednesday of every month, for the latest news and developments of Parks and Recreation.

Commission Members: Mr. Eddie Miller, Chair; Mr. Tim Roediger, Vice Chair; Dr. Gloria Bonner; Mr. Leroy Cunningham; Dr. Trey Duke, Murfreesboro City Schools Liaison; Mr. Charlie Montgomery; Mr. Bill Shacklett; Mr. Kent Syler; Mr. Shawn Wright; Dr. Don Turner, Ex-Officio.

Parking

Just a reminder to park only in St. Clair parking spots when you come to visit the Center. Parking in spots at Westbrook Towers is not allowed for those visiting the Center. Violators may be subject to towing.

Media

Visit us on the web at www.murfreesborotn.gov/seniorcenter.

Find us on 

@StClairSeniorCenter

Registration

Call the center at 615-848-2550 to register for programs with no fees. For programs with fees, please come into the center to register and pay with cash, card or check.



This project is funded under agreement with Greater Nashville Regional Council.

HOURS OF OPERATION

Monday-Friday • 6:00 am-7:00 pm

Saturday • 8:00 am-5:00 pm

Sunday • 1:00-5:00 pm

FORMS OF PAYMENT

You can purchase our program classes and daily trips with your credit or debit card.

You must sign up for all programs to reserve your spot. If you are more than 15 minutes late to the program, you are not guaranteed that spot and you may be denied admittance, at the discretion of staff.

DAILY ACTIVITIES

- Billiards, cards, canasta, Rook and other games are played daily in Rm 501. Spades in Rm 402.
- Books and puzzles are available to take home.
- Check out our library which is open when the center is open. It is full of books, magazines and movies to check out on the honor system.
- Everyone must sign up to participate in a program due to limited space. If you cannot attend a program, please call to let us know.
- All programming and events are subject to change. Please check emails and Facebook for updates.
- Stop by or call the front desk for more information on any senior center program.

NEW & SPECIAL EVENTS

Vendor Fair

Thursday, July 13 • 8-10:30 am

Local vendors, both for profit and non-profit will have the opportunity to showcase what they offer to our seniors.

Room 104 & 105

Trip Escort Sign Up

Thursday, August 3 • 9:30-10:30 am

Trip escorts who have completed training can sign up to escort new trips.

Room 104

Vendor Fair: Senior Housing, Home Health & Hospice

Wednesday, August 16 • 8:30-10:30 am

Local home health, hospice, housing agencies will hand out information about their organizations to our participants. **Room 105**

Mix and Mingle Social

Friday, August 18 • 3-5 pm

Join us for an afternoon of Mixing & Mingling with St. Clair new and seasoned seniors. It will be appetizers, beverages, and games. It will be a great way to connect or reconnect with friends. Must sign up at the front desk.

Limit 60

Room 105

HEALTH & SOCIAL SERVICE

Care for the Caregiver Series

Tuesdays, July 11 & August 8 • 10-11 am

Are you now or do you know of a caregiver that is caring for a loved one? This series will be highly beneficial to them. Lee Ann Hyatt, RN, BSN, has years of experience in providing education/support and working with family caregivers of persons living with Alzheimer's and/or any kind of dementia disease. A variety of helpful topics presented will aid and assist the caregiver. **Limit 15 Room 301**

Harmonicas for Health

Wednesdays in July & August • 12:00-1:00 pm

Are you looking for something fun and interesting to do while improving your lung health? The COPD Foundation's H4H class is a good way to exercise your lungs, learn how to play the harmonica, and meet new friends. No music background is needed! Bring a harmonica in the key of C to participate. See Laura if you are unable to get one.

Limit 30

Room 303

Grief Support Group

NOW MEETING WEEKLY

Wednesdays in July & August

10-11 am

Grief may come from many life changes including death, divorce, health, and more. Come take this journey with individuals that are in need of emotional and physical support in a safe and non-judgmental environment. **Limit 10 Room 301**

Choose to Lose Weight Loss Program

Wednesdays, July 5 & 19 and August 2 & 16

9-9:45 am

A weight loss/maintenance program to help you get/stay healthy! Let's come together to learn, encourage, and motivate one another to be our healthiest selves. We will weigh in between 9:00-9:15 then have a time of sharing, tips, and goal setting.

Limit 40

Room 104

*Health & Social Service continued***Parkinson Support Group****Fridays, July 7 & August 4 • 10-11:30 am**

In this group we share stories about our experiences with Parkinson's, practical tips on how to deal with Parkinson's, learn from speakers, and enjoy friendships with people who understand. Please join us!

Limit 40**Room 104****Parkinson Meeting 2****Fridays, July 21 & August 18 • 10-11 am**

This is a smaller group from our Parkinson's Support Group that meets to talk about personal issues dealing with Parkinson's.

Limit 20**Room 303****Widow's Support Group****Fridays, July 14 & 28 and August 11 & 25
9:30-11:00 am**

Widowhood is more than a label, it is a journey that is better traveled with friends. Our focus is: life can be good again, maybe not perfect, but good. Judy Jennings, author & speaker, will lead, showing you how to maneuver through different difficult areas.

Limit 25**Room 303****Tips for Healthy Women****Fridays, July 21 & August 18****9:30-10:30 am**

Join us as we listen to podcasts then discuss the subject matter. Topics will include exercise, health issues, nutrition, and more. If you want to live a healthier life, start here!

Limit 12**Room 303****Let's Talk About That****Mondays, July 10 & August 14****9:30-10:30 am**

Join us for a casual get together and group discussion on a variety of topics. This is a chance to get to know others here at the center as well as some different viewpoints.

Limit 15**Room 303****Power of Positive Aging****Thursday, July 6 • 10-11 am**

Although growing old has its challenges, simply maintaining a positive attitude toward aging has proven to increase our quality of life and longevity. Those attending will be able to learn how to better incorporate specific activities and interests into their daily lives for the purpose of expanding their joy and happiness. Please join us for an enjoyable and carefree celebration of later life.

Limit 50**Room 104****Jobs for Seniors****Tuesday, July 11 • 1-2 pm**

Are you a Senior who needs a little extra income each month to make ends meet? Brenda Head from the National Council on Aging (NCOS) will be here to inform us about a wonderful opportunity for 55+ unemployed job seekers. This program "Senior Community Service Employment Program" offers on-the-job training, basic computer skills, \$\$ while training, confidence building, and provides one-on-one support. **Limit 35** **Room 104**

Aging Smarter: Tips on Preparing/Planning for the Future**Tuesday, July 11 • 1-2 pm**

Nicki King from Arosa Care will be here to tell us how their team of healthcare workers navigate seniors through the aging process whether it's a crisis or just planning for future needs. Attorney Amanda Moore co-founder of TN Center for Estate & Elder Law will discuss why planning now is important for your whole family's well-being.

Limit 35**Room 104****Drug Overdose Awareness & Narcan Use****Monday, July 17 • 10-11 am**

Hear a story of personal loss and be a part of a discussion about the dangers of Fentanyl, the stigma around this drug, and the use of Naloxone (Narcan). We hope to educate others about this epidemic and prevent them from the suffering and pain many have already endured. Please come with your questions.

Limit 50**Room 104****Living a Low Carb Lifestyle****Tuesday, July 18 • 10-11 am**

Andy Neagle from Guardian Angels Desserts and Coach Scott from LT360 will present a holistic approach to living a low carb lifestyle and provide samples of diabetes friendly ice cream.

Limit 50**Room 104**

Educational Scam Presentation

Tuesday, August 1 • 10-11 am

Anna Smith from the Office of Tennessee Attorney General will lead this presentation covering:

- Why SCAM prevention education is vital.
- How to protect yourself against SCAMS.
- Which SCAMS target older adults.
- Reporting SCAMS and deceptive business practices.

Limit 25

Room 104

Red Cross First Aid

Wednesday, August 2 • 10-11 am

Learn the basics of first aid with the Red Cross.

Limit 40

Room 104

Mid-Cumberland Human Resource Agency:

Amazing Benefits

Tuesday, August 8 • 9-11 am

Mid-Cumberland Human Resources will be here to present information about all the benefits they offer to the public and check to see if you qualify and assist you with forms. Registration required.

Limit 25

Room 104

Basic Wills for Senior

Wednesday, July 26 & Friday, July 28 • 8:30am-12 pm

Attorney John Toy will meet with registered participants "one on one" to complete legal documents. The four documents that he offers are: Last Will and Testament, Financial/Health Power of Attorney, and the Living Will – each document will cost \$25. Space is limited.

Limit 25

Room 104

SPOTLIGHT ON MCHRA NUTRITION PROGRAM

The Mid-Cumberland Human Resource Agency's Nutrition Program happily calls the St. Clair Street Senior Center "home."

Lunch is served at the center Monday – Friday at 11:15. There has always been a rumor that lunch is "only a dollar", but it is actually "donation only". We will take any donation, whether it is twenty-five cents or \$100! Your donation helps us buy the food we serve.



We also deliver 250 meals to homebound seniors in our community. Meals on Wheels is in need of drivers to deliver meals, so if you have a spare 1 ½ - 2 hours a week, volunteer to bring a smile to seniors in our community.

If you are interested, call Debbie Willis at 615-895-1870. Thank you!



FREE FITNESS CLASSES

Get Fit/Stay Fit on Monday-Friday

8:00-9:00 am

This intermediate to advanced exercise class focuses on strength, balance, cardio, core, and range of motion. **Limit 35 Room 105**

One on One with Lois

**Second and Fourth Monday of the month
9-11 am**

A 30-minute consultation with Lois Maier, MSPT on exercise and general nutrition to assist you on your wellness journey.

Limit 4 each day Room 103E

Zumba Gold AM

**Mondays & Wednesdays or
Tuesdays & Thursdays or Saturdays
9:15-10:00 am**

If you are an active adult looking for a modified Zumba class that recreates the original moves of Zumba that you love at a lower intensity, this class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Sign up for M/W or T/TH class.

Limit 25 Room 204

Zumba Gold PM

**Mondays, Tuesdays & Thursdays
3:15-4:00 pm**

If you are an active adult looking for a modified Zumba class that recreates the original moves you love at a lower intensity, try this one. This class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Limit 20 Room 204

Gentle Fitness AM

**Mondays, Wednesdays & Fridays
10:15-11:00 am**

Class focuses on building strength and increasing flexibility and range of motion. Great class for beginners or those who haven't exercised in a while. **Limit 45 Room 105**

Gentle Fitness PM

Mondays, Wednesdays & Fridays

1:00-2:00 pm

Class focuses on building strength and increasing flexibility and range of motion. Great class for beginners or those who haven't exercised in a while.

Limit 30 Room 204

Go4Life with Laura

Mondays & Wednesdays • 1:00-2:00 pm

This is an "at your own pace" exercise class for those who have never exercised or have not exercised in some time. We work on strength, flexibility, and balance. You must sign up for all classes due to restrictions on the number of people allowed in a room. **Limit 55 Room 105**

Core Basic

Mondays & Fridays • 2:15-3:00 pm

This class focuses on internal core stability, balance and range of motion. The purpose is to train the internal core (center of gravity) and improve balance and stability. Exercises will be done seated and standing.

Limit 30 Room 204

Core Galore

Tuesdays, Thursdays & Saturdays • 10:15-11:00 am

In this class we will focus on core, balance, and range of motion. Some resistance techniques may be used in the form of elastic bands or free weights. You must be able to transfer to and from a mat.

Limit 15 Room 204

SAIL: Stay Active & Independent for Life with Laura

Tuesdays & Thursdays • 1-2 pm

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program. These exercises improve strength, balance and fitness and can help you stay active and reduce your chance of falling. *You must have an assessment done by Laura Grissom before starting the class.*

Limit 15 Room 105

Forever Fit

Tuesdays & Thursdays • 2:00-3:00 pm

This is an intermediate circuit class with interval training. We will use various types of equipment for a total body workout.

Limit 20 Room 206

CLASS IS FULL

Stretching Through Movement

Thursdays • 12:00-1:00 pm

This new exercise class focuses on stretching through intentional movement to help improve balance and stability. Learn how to increase body awareness when resting and while moving. Exercises will be performed in sitting and standing with opportunities to challenge your balance.

Limit 20

Room 206

FREE LINE DANCE CLASSES

Beginning Line Dance with Catrina

Mondays • 5:30-6:30 pm

Have fun in this beginning line dance class with Catrina Daniel, who has been teaching for 15 years. We are excited to offer an evening class for those who are working or just have busy days.

Limit 50

Room 105

Beginner/Improver Line Dance

Tuesdays • 9:30-11:15 am

This class is for those who already know the basics in line dancing. We'll continue dancing the classics we're currently dancing while also challenging ourselves in learning some new popular dances. Please sign up in advance in case of a change in class and maximum amount of attendance.

Limit 35

Room 105

NEW! Line Dance for the Experienced Dancer

Wednesdays • 1:30-3 pm

This is a class for experienced line dancers looking to learn newer dances.

Limit 30

Room 206

Sunday Line Dance

Sundays • 2-4 pm

Join us for line dance lessons on Sunday afternoons. Beginner and intermediate dancers will learn dance steps to fun country songs with your instructor, Janet Morgan.

Limit 18

Room 204

Saturday Line Dance

Saturdays, July 1 & August 5

1:00-4:30 pm

Line dancing to recorded music for all levels, including beginners.

Limit 40

Room 105

Physical Fitness Calendar located on page 8.

PAID FITNESS CLASSES

Chair Yoga

Mondays & Wednesdays • 11:00 am-noon

Tuesdays & Thursdays • 9:15-10:15 am

Improving flexibility, relieving stiffness, and creating a happy mental state are a few benefits that chair yoga provides for our bodies. You may sign up for 1 or 2 days only.

Limit 20

Room 206

Cost: \$5/month per day

Yoga with Larry

Mondays, Wednesdays & Fridays

9:00-10:00 am

Intermediate yoga for seniors. Is also suitable for beginners who are able to adjust moves to fit their abilities. You must be able to lie down and stand up without assistance for this class. Mats are provided or you may bring your own.

Cost: \$10/ month

Limit 25

Room 206

Tai Chi in a Chair

Tuesdays • 8-8:30 am

A great class for anyone unable to stand for an exercise class- all moves will be done in a chair. We will work on stretching, breathing, and stress relief.

Cost: \$10/mo

Limit 10

Room 206

Intermediate Tai Chi

Tuesdays & Thursdays • 1-2 pm

Learn advanced moves to improve stress, breathing and overall fitness.

Cost: \$15/mo

Limit 20

Room 204

Beginning Tai Chi

Tuesdays & Thursdays • 2:15-3:15 pm

This class for those who are new to Tai Chi will teach you smooth moves to improve stress, breathing and overall fitness.

Cost: \$15/mo

Limit 20

Room 204

Open Tai Chi Saturdays

Saturdays • 1-2 pm

Open Tai chi class is open to all levels- beginners, intermediate and advanced.

Cost: \$10/mo

Limit 20

Room 204

Ballroom Dancing

Tuesdays • 3:00-4:00 pm

Deborah Sullivan welcomes those with no dance experience as well as experienced students to her class. Each month you will start at the beginning & build on. In July we will do the Rumba and in August the Foxtrot. No partner necessary!

Cost: \$26/mo

Limit 25

Room 105

Physical Fitness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105	8:00 am Get Fit/Stay Fit Room 105
9:00 am Yoga with Larry Room 206	8:00 am Tai Chi in a Chair Room 206	9:00 am Yoga with Larry Room 206	9:15 am Chair Yoga Room 206	9:00 am Yoga with Larry Room 206
9:00 am One on One with Lois July 10 & 24 August 14 & 28 Room 206	9:15 am Chair Yoga Room 206	9:15 am Zumba Gold AM Room 204	9:15 am Zumba Gold AM Room 204	10:15 am Gentle Fitness AM Room 105
9:15 am Zumba Gold AM Room 204	9:15 am Zumba Gold AM Room 204	10:15 am Gentle Fitness AM Room 105	10:15 am Core Galore Room 204	1:00 pm Gentle Fitness PM Room 204
10:15 am Gentle Fitness AM Room 105	9:30 am Beginner/Improver Line Dance Room 105	11:00 am Chair Yoga Room 206	12:00 pm Stretching through Movement Room 206	2:15 pm Core Basic Room 204
11:00 am Chair Yoga Room 206	10:15 am Core Galore Room 204	1:00 pm Line Dance Room 206	1:00 pm SAIL Room 105 CLASS IS FULL	SATURDAY 9:15 am Zumba Gold AM Room 204 10:15 am Core Galore Room 204 1:00 pm Saturday Line Dance 7/1 & 8/5 Room 105 1:00 pm Open Tai Chi Room 204
1:00 pm Go4Life Room 105	1:00 pm SAIL Room 105 CLASS IS FULL	1:00 pm Go4Life Room 105	1:00 pm Intermediate Tai Chi Room 204	
1:00 pm Gentle Fitness PM Room 204	1:00 pm Intermediate Tai Chi Room 204	1:00 pm Gentle Fitness PM Room 204	2:00 pm Forever Fit Room 206	
2:15 pm Core Basic Room 204	2:00 pm Forever Fit Room 206	1:30 pm Experienced Line Dance Room 206	2:15 pm Beginning Tai Chi Room 204	
3:15 pm Zumba Gold PM Room 204	2:15 pm Beginning Tai Chi Room 204		3:15 pm Zumba Gold PM Room 204	
5:30 pm Beginning Line Dance with Catrina Room 105	3:00 pm Ballroom Dance Room 105			SUNDAY 2:00 pm Sunday Line Dance Room 204
	3:15 pm Zumba Gold PM Room 204			

Please consult with your
doctor before starting any
fitness program.

CREATIVE ARTS

Social Ceramics

Tuesdays in July & August • 8:30-11:30 am

You will pay the instructor for the piece you are working on. There is a \$5 fee for supplies that is paid to St. Clair Senior Center. Learn different techniques for painting on ceramics in this class. No class 7/4.

Limit 20

Room 406

Quilting

Tuesdays & Thursdays from 10 am-noon in July & August

Volunteers do quilting for people in the community for a donation to the center. No class 7/4.

Room 405

Open Knit & Crochet

Tuesdays & Thursdays from 10 am-noon in July & August

This very welcoming group of knitters and crocheters offers inspiration and motivation with your projects. No sign-up is required. Bring your own supplies. No class 7/4.

Room 405

Art Connection

Wednesdays in July & August • 1:00-4:00 pm

Bring your own supplies and projects and work alongside like-minded artists for inspiration and creativity.

Limit 10

Room 406

Social Art

Thursdays in July & August • 9:00 am-3:00 pm

Bring in your favorite art projects, and let's create together. We can share ideas and have a fun and relaxing time through sharing art.

Limit 20

Room 406

Stained Glass Class AM

Mondays in July and August • 10 am-noon

Beginners and intermediate level students are welcome in this class. Learn to make a copper-foiled stained glass window suncatcher with instructor Fiona Dowd. Materials provided for beginners. Class space is limited. Sign up early. No class 7/31.

Limit 8

Room 406

Cost: \$60/month

Stained Glass Class PM

Mondays in July and August • 1:00-3:00 pm

Beginners and intermediate level students are welcome in this class. Learn to make a copper-foiled stained glass window suncatcher with instructor Fiona Dowd. Materials will be provided for beginners. Class space is limited. No class 7/31.

Limit 8

Room 406

Cost: \$60 per month

Acrylic Techniques AM

Wednesdays, July 5 & 12 and

August 9 & 16 from 9 am-noon

Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided.

Limit 12

Room 406

Cost \$25/2-day class

Acrylic Techniques PM

Tuesdays, July 11 & 18 and August 8 & 15 from 1:00-4:00 pm

Learn different techniques using acrylic paints with artist, Vivian Karros. All supplies are provided.

Limit 12

Room 406

Cost \$25/2-day class

Oil Painting by Video

Fridays, July 14 and August 11 • 9 am-1 pm

Have you ever wanted to oil paint like Bob Ross or Daryl Crowe? Now is your chance! For the low price of \$30 you can join us for a fun filled class following along with a video and teacher Vivian Karros. All materials will be provided for you. Bring a sack lunch and drink.

Limit 5

Room 406

Cost \$30/class

Art with Vivian AM

Wednesdays, July 19 & 26

and August 23 & 30 • 9:00 am-12:00 pm

Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. All supplies are provided in your fee.

Limit 12

Room 406

Cost: \$25 for 2-day class per month

Art with Vivian PM

Tuesday, July 25 & August 1 and August 22 & 29 1:00-4:00 pm

Explore a variety of art techniques designed to bring out your artistic talents all while learning and having fun. All supplies are provided in your fee. No wait list.

Limit 12

Room 406

Cost: \$25 for 2-day class per month

REC ED PROGRAMS

Chicken Foot

Monday-Friday from 8:00 am-2:00 pm

Dominoes! Learn to play Chicken Foot with this fun group. **Room 502**

Duplicate Bridge

Mondays & Fridays in July & August

12:00-4:30 pm Room 303

Bid Whist

Mondays in July & August

1:00-4:00 pm

Learn an age-old card game, Bid Whist at St. Clair. **Room 402**

Mahjong

Mondays & Thursdays in July & August

1:00-3:00 pm

Stop in for a game of Mahjong. **Room 304**

Hand & Foot Game #1

Tuesdays in July & August • 12:30-4:00 pm

Learn the art of playing the card game, Hand & Foot. **Limit 20 Room 303**

Hand & Foot Game #2

Tuesdays in July & August

12:30-4:00 pm

Learn the art of playing the card game, Hand & Foot. **Limit 20 Room 304**

Party Bridge

Thursdays in July & August

12:30-4:00 pm

Curious as to how to play bridge? Join this group who are open to teaching you the skills to play.

Room 303

Seniors Acting Up Practice

Thursdays in July & August • 1-2 pm

Join our fun-filled group of active seniors as we learn to bring laughter and comedy to the stage at St. Clair's Senior Center. We explore different forms of theatre, improvisation, story readings and humorous jokes. Maybe it's the backstage, set design, costumes or technical that piques your interest, or just being a part of the listening audience, there's something for everyone. Why not step out and stimulate your mind, open your heart and refresh your spirit!

Contact Jim Trasport, class director for any questions at 561-308-7087 or ei@jtraz@bellsouth.net or Kathy Herod at 615-848-2550.

Room 104

Ultimate Bingo

Thursdays, July 6, 20 & 27 and August 3, 10, 24 & 31

10:00-11:00 am

Try your luck at ultimate bingo with a twist! No bingo 7/13 and 8/17. **Limit 70 Room 105**

Book Club

Fridays, July 7 & August 4 • 9:30-10:30 am

In July we will discuss "The Book Woman's Daughter" by Kim Michele Richardson. August book TBA. Join us!

Limit 20 Room 301

Music Jam Session

Fridays, July 7 & 21 and August 4 & 18

1-3:30 pm

Bring your instrument and play along with our group. We take turns in the round playing and singing with everyone else accompanying.

Room 105

Trivia Games

Tuesday, July 11, 18 & 25 and August 1, 8, 22 & 29

4:00-5:00 pm

Join us for beginner trivia! Easier questions for people interested in playing trivia for the first time. Teams compete by answering questions ranging from a variety of topics. Snacks, drinks, music, and fun supplied! Prizes for the winning teams. No meeting 7/4.

Limit 40 Room 104

Pool Tournament

Wednesdays, July 12 and August 9

9:00 am-noon

See how your talent measures up in our monthly pool tournament. Deadline to sign up is 8:45 am the morning of. Everyone is welcome to play.

Room 501

Karaoke

Fridays, July 14 & 28 and August 11 & 25

1:00-3:00 pm

Do you like to sing? Share your talents with this fun group. Sing along with your favorite musicians while reading the lyrics from a large screen TV.

Room 105

Spin That Wheel

Wednesday, July 19 • 3-4 pm

Do you like to play along with the TV game show Wheel of Fortune? Join us for St. Clair own version Spin that Wheel. Try you luck! Must sign up at the front desk. Prizes for the winners.

Limit 15 Room 104

Senior Feud

Wednesday, August 16 • 2:30-3:30 pm

Two teams compete to name the most popular answers to survey questions to win prizes. Try you luck! Must sign up at the front desk. Prizes for the winners. **Limit 20 Room 104**

Pinochle Tournament

Saturday, August 26 • 8:30 am-2 pm

Limit 28 Room 104

SEMINARS/EDUCATION

In the Garden: Tennessee Smart Yards

Monday, July 10 • 10-11 am

This program is a partnership between the County Extension office and local municipal governments towards a shared goal of protecting water and natural resources with Master Gardener Carol Reese. Join us and be sure to register!

Limit 28 Room 104

Home Organization 2.0

Monday, July 17 • 1-2 pm

Home Organization 2.0 is an opportunity to discuss your organizational difficulties with Angie and Lori from Hello Closets! and Connie from Organized Solutions by Connie. Back by popular demand, these organizational experts will answer your questions.

Limit 40 Room 104

In the Garden: Growing Mushrooms at Home

Monday, August 14 • 10-11 am

Let's learn about growing mushrooms at home with Master Gardener, Carol Reese. Be sure to register!

Limit 28 Room 104

Citizen Police Academy: July & August

Wednesday, July 12 • 9-11 am

This month's Police Academy (#7) students will learn about Fraud/Cyber Crimes, the Office of Professional Responsibility (internal affairs).

Wednesday, August 15 • 9-11 am

In this month's Police Academy (#8) students will learn about Mental Health Co-Response.

Room 104

TRAVEL WITH ST. CLAIR

- ALL TRAVELERS MUST SCAN INTO MYSENIORCENTER FOR ALL TRIPS.
- We no longer pick up at Westbrooks Towers. All travelers will board at St. Clair Senior Center.
- Special requests (ex: wheelchair) must be noted at the time of registration.
- We strive to return from trips on time; however, unforeseen circumstances could occasionally cause a trip to return later than expected.
- All trip cancellations are final.

Midsummer Night Swing Ice Cream Social, Tullahoma

Thursday, July 20 • 3:45-10 pm

Dance the night away to live classic jazz big band music. Fee includes transportation. Bring \$10 for admission (which includes one free ice cream) and money for dinner. Bring a lawn chair for this outdoor event.

Cost: \$20 Limit: 15 Deadline: July 9

Historic Rugby, Rugby

Thursday, July 27 • 8 am-5:15 pm

Take a one-hour guided walking tour of Rugby and learn its story, visiting the historic buildings, including the first free public library in the south. Fee includes transportation. Bring \$5 for tour admission and money for lunch. Buildings are not air conditioned.

Cost: \$32 Limit: 15 Deadline: July 9

Tennessee State Museum & Nashville Farmers' Market, Nashville

Friday, July 28 • 9:30 am-4:45 pm

Will you spend your day at the Tennessee State Museum or Nashville Farmers' Market, or split your time between the two? The choice is yours. Fee includes transportation. Admission is free. Bring money for lunch and shopping.

Cost: \$19 Limit: 15 Deadline: July 19

Amish Country, Ethridge

Friday, August 4 • 7:30 am-3:30 pm

Several stops throughout the 1.5-hour horse-drawn ride at Amish homes and businesses where cash will be required to purchase items. Fee includes transportation and guided riding wagon tour. Bring cash for Amish country shopping and money for lunch.

Cost: \$36 Limit: 15 Deadline: July 6

Belle Meade Historic Site, Nashville**Tuesday, August 8 • 8 am-2 pm**

Learn about the history and people of Belle Meade on a guided mansion tour and self-guided tour of the grounds and outbuildings. Fee includes transportation, admission, and guided tour. Bring money for lunch.

Cost: \$45 Limit: 15 Deadline: July 10**Nissan Smyrna Tour****Thursday, August 10 • 12-2:45 pm**

Get an inside look at how cars are assembled during this guided tour. Fee includes transportation only. Tour is free. Cell phones and cameras are prohibited. You must wear a shirt with at least a 4" sleeve and closed-toed shoes. No flip flops or sandals are permitted on the tour. No meal stop.

Cost: \$10 Limit: 15 Deadline: July 12**South Jackson Goes Country, Tullahoma****Friday, August 11 • 3:30-10 pm**

This show features music, comedy, and all-around fun, including on-stage business ads from local businesses. Fee includes transportation and show. Bring money for dinner.

Cost: \$41 Limit: 15 Deadline: July 9**"Bright Star" at the Arts Center of Cannon County, Woodbury****Saturday, August 12 • 6:15-10:45 pm**

The story unfolds as a literary editor meets a young soldier just home from World War II. Beautiful melodies and powerfully moving characters take you on an uplifting theatrical journey as Alice sets out to understand her past, transforming both of their lives. Fee includes transportation and production. No meal stop.

Cost: \$27 Limit: 15 Deadline: July 9**Learn to Curl, Nashville****Wednesday, August 16 • 5:30-9 pm**

Fee includes transportation and one-hour lesson. Warm, athletic clothing is recommended. Athletic shoes are required. No meal stop.

Cost: \$58 Limit: 9 Deadline: July 11**Customs House Museum & Cultural Center, Clarksville****Tuesday, August 22 • 8:15 am-4:15 pm**

Partially housed in the architecturally astonishing 1898 Federal Post Office, the Museum

& Cultural Center is Tennessee's second largest general interest museum. Following lunch, we'll stop at Miss Lucille's, an eclectic marketplace with over 200 vendor booths. Fee includes transportation. Bring \$9 for museum admission and money for lunch.

Cost: \$24 Limit: 15 Deadline: July 16**Beersheba Springs Arts & Crafts Fair, Beersheba Springs****Saturday, August 26 • 9 am-3 pm**

Close to 150 vendors and artisans of handmade and home-produced crafts in a breathtaking historic atmosphere on the mountain. Fee includes transportation. Admission is free. Bring money for lunch at fair.

Cost: \$20 Limit: 15 Deadline: August 17**Musicians Corner, Nashville****Friday, September 1 • 3:45-10 pm**

Live music, food vendors, and local artisans at Centennial Park. Fee includes transportation. Admission is free. Bring your lawn chair or blanket and money for food trucks.

Cost: \$18 Limit: 15 Deadline: August 17**The Kings of Queen: A Tribute to Queen at the Arts Center of Cannon County, Woodbury****Saturday, September 2 • 6:15-10:45 pm**

This is the hottest Queen tribute in the country, if not the world. Front-man Emo Alaeddin has been dubbed the reincarnated Freddie Mercury. Fee includes transportation and production. No meal stop.

Cost: \$36 Limit: 15 Deadline: July 12



Mountaineer Folk Festival, Fall Creek Falls State Park
Friday, September 8 • 8 am-3:45 pm

The festival includes handmade crafts, traditional mountain music, folk culture exhibits, pioneer skills demonstrations, country cooking, and more. Fee includes transportation. Admission is free. Bring money for lunch and other purchases.

Cost: \$23 Limit: 15 Deadline: August 10

Middle Tennessee Highland Games & Celtic Festival, Hendersonville

Saturday, September 9 • 8:45 am-3:15 pm

This celebration of Scottish and Celtic traditions offers demonstrations, unique vendors, Celtic music, and so much more! Fee includes transportation and admission. Bring money for lunch at the festival.

Cost: \$41 Limit: 15 Deadline: July 25

Scarritt Bennett Center, Nashville

Wednesday, September 13 • 9 am-1:45 pm

A beautiful oasis in the middle of Nashville, once home to two schools of higher education. Stroll among the Collegiate Gothic style buildings on a self-guided tour, then enjoy a delicious lunch in the dining hall. Fee includes transportation and self-

serve lunch buffet.

Cost: \$28 Limit: 15 Deadline: July 18

Frist Art Museum: Beatrix Potter Drawn to Nature, Nashville

Thursday, September 14 • 10 am-3:30 pm

Through letters, photographs, sketches, watercolors, and more, this exhibition explores how Potter developed her stories and characters. Fee includes transportation only. Bring \$10 cash for admission and money for lunch.

Cost: \$16 Limit: 15 Deadline: August 15

Full Moon Pickin' Party, Nashville

Friday, September 15 • 4:45-10:15 pm

Hear local musicians play under the moon at picturesque Percy Warner Park. Fee includes transportation and admission. Bring lawn chair or blanket and money for food trucks.

Cost: \$44 Limit: 15 Deadline: July 30

"Oliver" at Springhouse Theatre Company, Smyrna

Friday, September 22 • 6:15-10:30 pm

The award-winning musical adaptation of the classic Dickens novel springs to life with some of the most memorable characters and songs ever to grace the stage. Fee includes transportation and production. No meal stop.

Cost: \$30 Limit: 15 Deadline: August 10

"Steel Magnolias" at Warren Arts, Morrison

Saturday, September 23 • 4-10:30 pm

A comedy-drama about the bond among a group of Southern women, delicate as magnolias but as tough as steel, in northwest Louisiana. Fee includes transportation and production. Bring money for dinner.

Cost: \$38 Limit: 15 Deadline: July 20



Moe Bandy at McMinnville Park Theater, McMinnville**Saturday, September 30 • 4-10:30 pm**

Moe has a long string of hits including "Till I'm Too Old To Die Young," and will be joined by special guest, Buddy Jewell. Fee includes transportation and concert. Bring money for dinner.

Cost: \$55 Limit: 15 Deadline: July 16**"Wicked" at TPAC, Nashville****Thursday, October 12 • 12:15-5:45 pm**

When a fiery young woman with an extraordinary talent meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships. Fee includes production and transportation. No meal stop.

Cost: \$100 Limit: 15 Deadline: July 9**Ultimate Oldies Rock 'n Roll Show, Arts Center of Cannon****Saturday, October 14 • 6:15-10:45 pm**

Doo wop, rock and roll, folk, pop, disco and more from the 50s, 60s, and 70s. Fee includes transportation and production. No meal stop.

Cost: \$41 Limit: 15 Deadline: July 24**"Mrs. Doubtfire" at TPAC, Nashville****Saturday, November 11 • 12:15-5:45 pm**

Based on the beloved film, it's "the lovable, big-hearted musical comedy we need right now" (Chicago Tribune)—one that proves we're better together. Fee includes production and transportation. No meal stop.

Cost: \$99 Limit: 15 Deadline: July 9

Please note lunch locations are planned months in advance and as such are subject to change.

Lunch Outing: 51st Deli, Nashville**Friday, July 21 • 10:30 am-1:45 pm**

Unassuming favorite of Nashvillians, offering everything from Mexican fare to southern classics, as well as breakfast. Fee includes transportation. Bring money for lunch.

Cost: \$16 Limit: 12 Deadline: July 9**Lunch Outing: Sugar's Ribs, Chattanooga****Monday, July 31 • 8:15 am-2:45 pm**

Take in an incredible view while enjoying classic, traditional barbecue with sauces made in-house. Fee includes transportation. Bring money for lunch.

Cost: \$24 Limit: 15 Deadline: July 21**Lunch Outing: Blue Water Grille, Silver Point****Saturday, August 19 • 10:15 am-2:15 pm**

High quality southern fare enjoyed on the waterfront. Fee includes transportation. Downhill walk from the parking lot to the restaurant. Bring money for lunch.

Cost: \$15 Limit: 15 Deadline: August 3**Lunch Outing: Flat Tire Diner, Old Hickory****Wednesday, August 30 • 10:30 am-2 pm**

Scratch-made, mouthwatering classics that make you feel as though you've been transported back into your mother's kitchen. Fee includes transportation. Bring money for lunch.

Cost: \$14 Limit: 15 Deadline: August 15**2023 Travel Destinations with St. Clair****COLLETTE****Spotlight on San Antonio Holiday****5 days • December 14-18, 2023****\$1999/pp double****DIAMOND TOURS****Niagara Falls, USA****7 days • October 1-7, 2023****\$820/pp double****Savannah, Georgia Swingin' New Year's Eve Celebration****3 days • December 30, 2023-January 1, 2024****\$589/pp double**

2024^{Travel} Destinations



COLLETTE

Tropical Costa Rica · 9 Days · January 25-February 2
\$2999/pp double

Spotlight on Boston · 5 Days · May 30-June 3
\$2699/pp double

DIAMOND TOURS

Mackinac Island · 7 Days · June 9-15
\$985/pp double

More info & flyers coming soon!

Myrtle Beach Show Trip · Branson Holiday Show Trip

WHITE STAR TOURS

Historic Fredericksburg, VA · 5 days · April 30-May 4
\$749/pp double

Ohio Island Hoppin' · 4 days · July 29-August 1
\$769pp double

PREMIER WORLD DISCOVER

Highlights of England, Scotland & Wales · 9 days
April 17-25 · \$4099/pp double

Waterways & National Parks of the Pacific Northwest
7 days · July 19-25 · \$3649/pp double

Nova Scotia & The Canadian Maritimes · 9 days
August 10-18 · \$4075/pp double

MAYFLOWER CRUISES & TOURS

Gems of Eastern Europe River Cruise · 11 days · June 3-13
\$4819/pp double

New England Rails & Sails · 9 Days
September 28-October 6 · \$3799/pp double

Transfer to and from Nashville Airport provided for dates listed.
Flyers available at the front desk & travel office.

www.MurfreesboroParks.com

JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
	Spades is played daily from 6 am-7 pm in room 402.	Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502.
3 10 am Stained Glass Class AM Rm 406 12 pm Duplicate Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402 1 pm Stained Glass Class PM Rm 406	4 Happy 4th of July Center Closed	5 8 am Pinochle RM 304 9 am Acrylic Techniques AM Rm 406 9 am Choose to Lose Rm 104 10 am Grief Support Group Rm 301 12 n Harmonicas for Health Rm 303 1 pm Art Connection Rm 406
10 9:30 am Let's Talk About That Rm 303 10 am Stained Glass Class AM Rm 406 10 am In the Garden: Tennessee Smart Yard Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402 1 pm Stained Glass Class PM Rm 406	11 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Jobs for Seniors Rm 104 10 am Care for the Caregiver Rm 301 12 n Making a Vision Board Rm 301 12:30 pm Hand & Foot #1 Rm 303 12:30 pm Hand & Foot #2 Rm 304 1 pm Aging Smarter: Tips on Preparing/Planning for the Future Rm 104 1 pm Acrylic Techniques Rm 406 4 pm Trivia Games Rm 104	12 8 am Pinochle RM 304 9 am Acrylic Techniques AM Rm 406 9 am Pool Tournament Rm 501 9 am Citizens Police Academy #7 Rm 104 10 am Grief Support Group Rm 301 12 n Harmonicas for Health Rm 303 1 pm Art Connection Rm 406
17 10 am Stained Glass Class AM Rm 406 10 am Drug Overdose & Narcan Use Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Home Organization 2.0 Rm 104 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402 1 pm Stained Glass Class PM Rm 406	18 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Living a Low Carb Lifestyle Rm 104 12:30 pm Hand & Foot #1 Rm 303 12:30 pm Hand & Foot #2 Rm 304 1 pm Acrylic Techniques Rm 406 4 pm Trivia Games Rm 104	19 8 am Pinochle RM 304 9 am Art with Vivian AM Rm 406 9 am Choose to Lose Rm 104 10 am Grief Support Group Rm 301 12 n Harmonicas for Health Rm 303 1 pm Art Connection Rm 406 3 pm Spin That Wheel Rm 104
24 10 am Stained Glass Class AM Rm 406 12 pm Duplicate Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402 1 pm Stained Glass Class PM Rm 406	25 8:30 am Social Ceramics Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Hand & Foot #1 Rm 303 12:30 pm Hand & Foot #2 Rm 304 1 pm Art with Vivian PM Rm 406 4 pm Trivia Games Rm 104	26 8 am Pinochle RM 304 8:30 am Basic Wills for Seniors Rm 301 9 am Art with Vivian AM Rm 406 10 am Grief Support Group Rm 301 12 n Harmonicas for Health Rm 303 1 pm Art Connection Rm 406
31 8:15 am Lunch Outing 12 pm Duplicate Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Bid Whist Rm 402	The Simple Wills program on July 26 & 28 is currently full. Please call June Nicdao at 615-848-2550 for information on future appointments.	

JULY CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
		1
		2
6 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 10 am Power of Positive Aging Rm 104 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104	7 9:30 am Book Club Rm 301 10 am Parkinson Support Group Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Jam Session Rm 105	8 9 am Kirby's Nashville Tour 1:30 pm Music on the Ridge at Amber Falls Winery Trip
		9
13 8 am Vendor Fair Rm 104 & 105 9 am Social Art Rm 406 9 am St. Rose Bridge Rm 303 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104	14 9 am Oil Painting by Video Rm 406 9:30 am Widow's Support Group Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105	15
		16
20 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104 3:45 pm Midsummer Night Swing Ice Cream Social Trip	21 9:30 am Tips for Healthy Women Rm 303 10 am Parkinson Second Meeting Rm 303 10:30 am Lunch Outing 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Jam Session Rm 105	22
		23
27 8 am Historic Rugby Trip 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104	28 8:30 am Basic Wills for Seniors Rm 301 9:30 am Tennessee State Museum & Nashville Farmers' Market Trip 9:30 am Widow's Support Group Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105	29
		30

New Class Just Added! Making a Vision Board : Tuesday, July 11 from 12 -1 pm

Vision boards are a way to creatively inspire you to focus on achieving what you want at home, work or in relationships or and exercise or wellness goal. We will have some magazines, glue and markers for you to use, but bring your own special items including photos, fabric, markers or quotes to create your board and nudge you to achieve your goals and dreams. Register at front desk. Limit 12 Room 301

AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p>Chicken Foot is played M-F from 8:00 am-2:00 pm in room 502.</p> <p>Spades is played daily from 6 am-7 pm in room 402.</p>	<p>1</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>10 am Educational Scam Presentation Rm 104</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Art with Vivian PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p>	<p>2</p> <p>8 am Pinochle Rm 304</p> <p>9 am Choose to Lose Rm 104</p> <p>10 am Grief Support Group Rm 301</p> <p>10 am Red Cross First Aid Rm 104</p> <p>12 n Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p>
<p>7</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Stained Glass Class PM Rm 406</p>	<p>8</p> <p>8 am Belle Meade Historic Site Trip</p> <p>8:30 am Social Ceramics Rm 406</p> <p>9 am Mid-Cumberland Human Resource Agency Benefits Rm 104</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>10 am Care for the Caregiver Rm 301</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Acrylic Techniques Rm 406</p> <p>4 pm Trivia Games Rm 104</p>	<p>9</p> <p>8 am Pinochle Rm 304</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>9 am Pool Tournament Rm 501</p> <p>9 am Citizens Police Academy #8 Rm 104</p> <p>10 am Grief Support Group Rm 301</p> <p>12 n Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p>
<p>14</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>9:30 am Let's Talk About That Rm 303</p> <p>10 am In the Garden: Growing Mushrooms at Home Rm 104</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Stained Glass Class PM Rm 406</p>	<p>15</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Acrylic Techniques Rm 406</p>	<p>16</p> <p>8 am Pinochle Rm 304</p> <p>8:30 am Vendor Fair: Senior Housing, Home Health & Hospice Rm 105</p> <p>9 am Acrylic Techniques AM Rm 406</p> <p>9 am Choose to Lose Rm 104</p> <p>10 am Grief Support Group Rm 301</p> <p>12 n Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p> <p>2:30 pm Senior Feud Rm 104</p> <p>5:30 pm Learn to Curl Trip</p>
<p>21</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Stained Glass Class PM Rm 406</p>	<p>22</p> <p>8:15 am Customs House Museum Cultural Center Trip</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Art with Vivian PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p>	<p>23</p> <p>8 am Pinochle Rm 304</p> <p>9 am Art with Vivian AM Rm 406</p> <p>10 am Grief Support Group Rm 301</p> <p>12 n Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p>
<p>28</p> <p>10 am Stained Glass Class AM Rm 406</p> <p>12 pm Duplicate Bridge Rm 303</p> <p>1 pm Mahjong Rm 304</p> <p>1 pm Bid Whist Rm 402</p> <p>1 pm Stained Glass Class PM Rm 406</p>	<p>29</p> <p>8:30 am Social Ceramics Rm 406</p> <p>10 am Open Knit & Crochet Rm 405</p> <p>10 am Quilting Rm 405</p> <p>12:30 pm Hand & Foot #1 Rm 303</p> <p>12:30 pm Hand & Foot #2 Rm 304</p> <p>1 pm Art with Vivian PM Rm 406</p> <p>4 pm Trivia Games Rm 104</p>	<p>30</p> <p>8 am Pinochle Rm 304</p> <p>9 am Art with Vivian AM Rm 406</p> <p>10 am Grief Support Group Rm 301</p> <p>10:30 am Lunch Outing</p> <p>12 n Harmonicas for Health Rm 303</p> <p>1 pm Art Connection Rm 406</p>

AUGUST CALENDAR

THURSDAY	FRIDAY	SATURDAY/SUNDAY
3 9 am Social Art Rm 406 9:30 am Trip Escort Sign Up Rm 104 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104	4 7:30 am Amish Country Trip 9:30 am Book Club Rm 301 10 am Parkinson Support Group Rm 104 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Jam Session Rm 105	5 6
10 9 am Social Art Rm 406 9 am St. Rose Bridge Rm 303 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12 pm Nissan Smyrna Tour 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104	11 9 am Oil Painting by Video Rm 406 9:30 am Widow's Support Group Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105 3:30 pm South Jackson Goes Country Trip	12 6:15 pm "Bright Star" at Arts Center of Cannon County Trip 13
17 9 am Social Art Rm 406 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104	18 9:30 am Tips for Healthy Women Rm 303 10 am Parkinson Second Meeting Rm 303 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Jam Session Rm 105 3 pm Mix and Mingle Social Rm 105 4 pm "All Shook Up" Trip	19 10:15 am Lunch Outing 20
24 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104	25 9:30 am Widow's Support Group Rm 30 12 pm Duplicate Bridge Rm 303 1 pm Euchre Rm 304 1 pm Karaoke Rm 105	26 8:30 am Pinochle Tournament Rm 104 9 am Beersheba Springs Arts & Crafts Fair Trip 27
31 9 am Social Art Rm 406 10 am Ultimate Bingo Rm 105 10 am Open Knit & Crochet Rm 405 10 am Quilting Rm 405 12:30 pm Party Bridge Rm 303 1 pm Mahjong Rm 304 1 pm Seniors Acting Up Practice Rm 104		



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McFadden Community Center, Murfreesboro
The Washington Theatre Murfreesboro
Cultural Arts Murfreesboro
Murfreesboro Patterson Park
Sports Com Murfreesboro
Murfreesboro Athletics
The Better Boro Project
Murfreesboro Greenway
Miracle Field of Murfreesboro
St Clair Street Senior Center



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www.MurfreesboroParks.com
615-890-5333



SAVE THE DATE

St. Clair Senior Center Health Expo

Thursday, October 12
8 am-12:30 pm

We want YOU there!

